



Child Care Chronicles

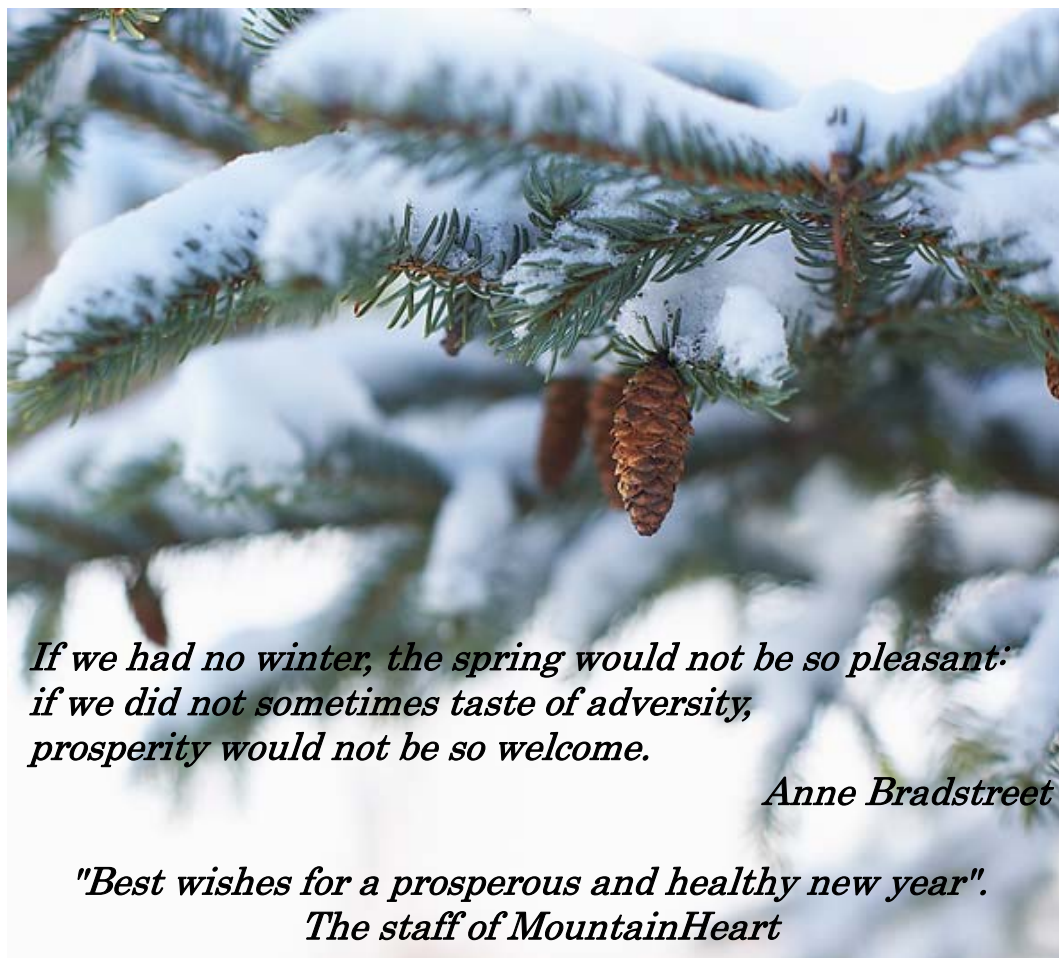
A Newsletter of MountainHeart South
for all providers of child care



Vol. X Issue 1

Come visit us at: <http://ccsouth.mountainheartwv.org>

WINTER 2013



*If we had no winter, the spring would not be so pleasant:
if we did not sometimes taste of adversity,
prosperity would not be so welcome.*

Anne Bradstreet

*"Best wishes for a prosperous and healthy new year".
The staff of MountainHeart*

Save The Date!

Leadership Institute Pre-Conference for the Huntington Area
Early Childhood Conference
April 25, 2013 Marshall University
Cost \$45 Per Person
(Breakfast, Lunch and Parking Included)
9:00-4:00

Extreme Makeover!
With Kori Wilson

Spend a day at the SPA – Makeover your Stress, Personnel, and Authority.
Learn how to better manage your stress, staff/co-workers, and leadership style (experiences,
techniques and beauty products included).

Registration Materials for the HAECC Pre-Conference and Conference will be mailed in February.
Please e-mail Nikki Cavalier Rabel at Nikki.C.Rabel@wv.gov to be added to the Mailing List.

Limited to 75 Participants. This training is registered for six hours of WV STARS credit -
You must attend entire session for credit.



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PUBLISHED BY

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MountainHeart Staff

Phone: 1-800-834-7082

Meet Our Professional Development Team



Margaret Younce, LSW

Hello! I have been a part of the MountainHeart family for 20 years and I enjoy serving as the Director of Child Care Resource and Referral program. I provide leadership for the 39 employees who are dedicated to children and families in the MountainHeart South region. The CCR&R Program includes professional development, health and safety grants, resource and referral and the subsidy certificate program. It is very important to me that we all work together as a team to empower child care providers, strengthen families and build quality in child care. At home, I enjoy outdoor landscaping, spending time with my husband, playing piano and keyboards at my church, and raising two feisty Boston Terriers, Bert and Roxie. I also have a son and daughter-in-law in New Jersey.



Roma Lester, MA

Hello, I am Roma Lester and I am the Behavior Consultant. I have a Master's degree and have been employed with MountainHeart for over 15 years. My work with the early childhood community has strengthened my vision that all children can learn if given an opportunity. My work includes, but is not limited to, phone consultation, observation, assessment, site-consultation, parent conferences, attending IFSP/IEP meetings, Early Childhood Positive Behavior Support training, and professional development per request. I enjoy time spent with my husband, two children, three grandchildren, and a French bulldog. I like to paint, take long walks on the beach and in the woods. I feel that I have learned more from working in the field with providers and children than any college class or classroom experience.



Sara Monroe, LSW

Hello! I am the Assistant Program Director with 12 years experience in early childhood with the CCR&R. I have been in the social service field for over 30 years as a WV state licensed social worker serving, assisting, educating and supporting the children and families of West Virginia. I enjoy being a part of "Team MountainHeart's" Professional Development Team so we can educate and secure the futures of our children. My afterhour's life is still in early childhood for I am the mother of three and grandmother to nine. I look forward to our continued collaboration in keeping of children's lives bright.



Joanne McCallister

I am the Professional Development Team Supervisor for MountainHeart South. Having been the TRAILS Early Childhood Specialist for five years, I gained a great respect for those individuals caring for children and have a desire to help them in that role. I have been married to my husband Don for 42 years. We have three daughters and two grandchildren. A love of learning and a desire to see quality care for children in West Virginia are very important to me. Family activities, reading, growing flowers and caring for animals are some of my favorite things.

To Contact The Professional Development Team

Admin Office

Margaret Younce, Sara Monroe, Roma Lester: 1-800-834-7082 or 304-682-8271

Beckley Office

Joanne McCallister, Sara Mathes, Margaret Younce, Mary Jones: 1-888-799-9217 or 304-253-7654

Summersville Office

Dianna Thompson, Tricia Smith: 1-866-872-9204 or 304-872-9200

Lewisburg Office

Janet Thompson, Sandra Cox: 1-866-223-7127 or 304-647-3800

Come visit us at: <http://ccsouth.mountainheartwv.org>

Meet Our Professional Development Team



Sara Mathes

I have been working for MountainHeart CCR&R as an Early Childhood Specialist since 2009. I received my B.S., B.A. from Glenville State College in 2005. I have experience as an afterschool teacher and as a substitute teacher for three years, I decided it was time for a change of scenery and moved to Beckley. I help create the professional development trainings. I also offer technical

assistance and specialize in afterschool children. As an Early Childhood Specialist, I find this as an opportunity to ensure the quality of care that is provided to the children, they are our future. At home, I enjoy working in my flower beds, whitewater rafting and camping.



Dianna Thompson

Hello, let me tell you a little bit about myself. I have been an Early Childhood Specialist with MountainHeart for 7 years, but with the agency for 11 years. I enjoy being able to travel our beautiful state and meet our providers face to face. I am passionate about teaching providers new information about the field of early childhood and can offer technical assistance for

those needing further information. Outside of work, I am busy with my nieces and nephews, church activities, and amateur photography.



Janet Thompson, MA

I have been involved in education and families and children for over 35 years. Currently, I am the Early Childhood Specialist with TRAILS serving an eight county area. Every day I learn something new or meet someone interesting in my job. My latest personal goal is to have a "bucket list". My biggest accomplishment with

that so far is having completed a zip line/treetop canopy tour!



Sandra Cox

Hello, I am the TRAILS Associate located in Lewisburg. I serve eight counties. Before coming to work for MountainHeart, I was a family childcare provider for 10 years. I enjoy sharing my experiences as a provider as well as being a mentor. I enjoy spending time in my flower garden and scrapbooking.



Tricia Smith

Hello! I am the Infant Toddler Specialist for MountainHeart South. This position allows me to teach the West Virginia Infant Toddler Professional Development Program I and II, which are module classes relating to Infant Toddler development and care. I also enjoy the aspect of my position which allows me the opportunity to join alongside my caregivers in their care giving environments and assist in improving the care

given to their infants, toddlers, and families. At home, I enjoy being involved church activities, reading, cooking, and spending time with my family.



Mary Jones

I am the Trails Associate and a certified Child Passenger Safety Technician. If you have ever met me you would know that I love to have fun. We travel 3 days a week in the TRAILS Van and would love to share new ideas with you and the children you care for and love. My best friend is my husband Lloyd whom I have been married to for 24 years. We have 3 children and 2

grandchildren. Remember Buckle Up!

Roma's Real World

What to do When Young Children Bite

Biting is an almost inevitable part of life for children in child care environments. Young children explore their world with their mouth and biting is a natural extension of that process. For children under three the urge to bite arises from natural curiosity and can also be linked to feelings of stress, frustration and excitement. In the child care setting biting is an emotional and stressful experience for both the biter and the victim. Some possible reasons for biting may be teething, natural curiosity, exploration, excitement, frustration, attention seeking, stress, and the feeling of powerlessness.

When children bite:

- ♥ Act calmly, maintain a quiet and controlled voice, remove the biting child from the situation and say firmly "No biting! Biting hurts".
- ♥ Take care of the child who has been bitten first, calm the child with cuddles and kind words and clean the area where the bite occurred.
- ♥ Once the victim is feeling better approach the child who did the biting, explain the effects of the biting. Encourage the biter to comfort the victim.
- ♥ If the child understands the reason that he/her has bitten their peer then ask for a solution to the problem rather than biting.

Positively manage biting:

- ♥ Teething: provide a wide range of chewable toys and teething rings for the child to bit or chew on.
- ♥ Natural curiosity/exploration: make sure that the child understands that biting is not a game. Help the child understand the difference between things that are okay to bite and those that are not okay to bite. Read social stories and role play solutions rather than biting.
- ♥ Excitement: teach the child gentle ways to show affection and excitement such as cuddling and using gentle hands. Sometimes children bite to show love (relate biting to kissing).
- ♥ Frustration: when possible avoid situations that your child might find frustrating and intervene if you see the child becoming frustrated.
- ♥ Attention Seeking: ensure that you give the child one-on-one attention, get in the habit of maintaining contact with the child by answering their questions and showing enthusiasm when they show you a toy or drawing. Always encourage appropriate behavior by giving attention when the child uses acceptable behaviors.
- ♥ Stress: try to identify what is causing your child to be stressed and be mindful of events which are likely to cause stress. Help children find ways to deal with stress such as energetic play and social stories. Make sure you offer lots of love, cuddles and support to help your child manage their stress.
- ♥ Powerlessness: younger/smaller children often feel overwhelmed in group care or when they are surrounded by older children and may bite as a way to gain some control of the situation. It may be necessary to separate play areas for older children and younger children to ensure everyone enjoys their playtime and prevent biting.



Submitted by: Roma Lester, M.A., Behavior Consultant

For information, please call 1-800-834-7082

Resource for biting: Positive Discipline A-Z. Jane Nelson, Ed.D., Lynn Lott, M.A., M.F.C.C., and H. Stephen Glenn, Ph.D.

What to do When. Eva Essa

Your Quarterly Dose of Trivia

1. What is the period of "Purple Crying"?
2. For health and safety purposes of infants and toddlers, what does SBS stand for?
3. Which one of the following types of play is often seen with older toddlers/2 year olds? Solitary, parallel, or cooperative play.
4. The focus of this newsletter is on what age group of children?
5. The American Academy of Pediatrics discourages screen time (TV, computer, etc) for what age children?
6. Who is the Swiss psychologist who studied young children and how they learn? His research is used extensively for planning programs for young children. Hint: if you have used Creative Curriculum for Family Child Care, he is referred to in the first pages.
7. WVIT is one type of module training for child care providers. What do the letters stand for? Hint: look in this current newsletter.

Submitted by Janet Thompson, MountainHeart South TRAILS

Come visit us at: <http://ccsouth.mountainheartwv.org>

Professional Development Session on Child Growth and Development

Title: Theories of Attachment: How It Relates to Working with Young Children and Their Families
Description: Attachment theory is complex, multifaceted, and ever changing. By studying the ideas and theories presented for past several decades on parent-infant and infant-provider attachment, we can construct approaches to care giving that support the needs of babies, parents and providers as they engage in what are significant relationships that have huge impacts on children's future success.
Registration: Please call Reba at 1-866-872-9204 to Pre-Register.



Date: March 29, 2013 from 1:00 pm-3 :00 pm
Mercer County Workforce in Princeton

Core Competency:
2 hr. Child Growth and Development (Tier II)
Target Audience: All

West Virginia Infant/Toddler (WVIT) Professional Development Program For Caregivers

The WVIT Professional Development Program is a 50-hour training focusing on the child care professional working with children from birth to 35 months. The participants will learn the importance of building positive relationships with families, caregivers and children, child development, and quality programming. Caregivers must complete all 10 sessions to complete the program.

WVIT PDP offers:

- ♥ Hands-on activities
- ♥ Interaction with other caregivers in this profession
- ♥ FREE resources available to eligible participants

The program is open to centers, facilities, and home providers who are registered on the WV STARS Career Pathway.

For more information, please contact your Infant/Toddler Specialist, Tricia Smith at 1-866-872-9204 or 304-872-9200.

Greenbrier County

Greenbrier County Workforce Building in Ronceverte
March, April and May 2013

Session 1	3/4/13	4:00 pm– 9:00 pm
Session 2	3/11/13	4:00 pm– 8:00 pm
Session 3	3/18/13	4:00 pm– 9:00 pm
Session 4	3/25/13	4:00 pm– 8:00 pm
Session 5	4/15/13	4:00 pm– 8:00 pm
Session 6	4/22/13	4:00 pm– 9:00 pm
Session 7	4/29/13	4:00 pm– 8:00 pm
Session 8	5/6/13	3:30 pm– 9:00 pm
Session 9	5/13/13	4:00 pm– 9:00 pm
Session 10	5/14/13	4:00 pm– 6:30 pm

Please contact Infant/Toddler Specialist,
Tricia Smith to reserve your seat in WVIT I or WVIT II
1-866-872-9204 or 304-872-9200

West Virginia Infant/Toddler Professional Development Program for Caregivers II (WVIT II)

The success of the first level of West Virginia Infant/Toddler Professional Development Program for Caregivers (WVIT) has prompted WVDHHR Early Care Division to develop the next level (WVIT II) of professional development for caregivers of infants and toddlers in order to increase the quality of care and education of West Virginia's youngest children across the State.

WVIT II consists of a 35 hour course for caregivers 10 classroom sessions and a practicum and a six hour course for administrators (2 classroom sessions). Caregivers and administrators enrolled in this program must have successfully completed WVIT I. This professional development program aligns with WV STARS Core Competencies for

Early Care and Education Professionals.

**Please note that you MUST be registered on the WV STARS Career Pathway to attend this training*

Next WVIT II coming soon to an area near you!

SLEEPING SAFE

**Core Competency - 2 Hrs. of Health, Safety
and Nutrition (Tier II)**

Target Audience: Infant/Toddler

Summary - Participants of this professional development session will discuss the latest SIDS (Sudden Infant Death Syndrome) research and best practices for keeping children healthy and safe while sleeping.



**Tues., February 12, 2013,
6: 00 pm– 8:00 pm
MountainHeart Child Care
in Summersville**

**Fri., March 15, 2013,
1:00 pm-3:00 pm
MountainHeart Office in
Kopperston**

**Anyone Wishing To Attend Professional Development Sessions
Must Be Pre-Registered In Order To Attend.**

Please call Reba @ 1-866-872-9204 to reserve your seat today!

If you are registered for a session, you will be notified by telephone if the session is canceled.

MountainHeart CCR&R is funded through a grant from DHHR, Bureau for Children and Families, Division of early Care and Education. MHCCR&R was established in 1992.

PLEASE NOTE THE FOLLOWING

The same topics will be offered in January and February, 2013
MountainHeart South Professional Development Schedule
WV STARS Certified Trainers: Dianna Thompson and Sara Mathes

January Topics

Topic 1 – The Economy and Children: Teaching

Core Competency –2hr. *Family and Community (Tier II)*

Target Audience-All ages

Summary: Morning and evening when turning on the television you are bound to hear something about banks, bailouts, debt, the housing market and the stock exchange. These are all pieces of what we call the economy, and making sense of it can sometimes be confusing. Participants of this professional development session will learn ideas to share with children about the economy and the effects that it has on families.

Topic 2: YIKES! I Needed That Receipt

Target Audience-Adults

Core Competency– 2hr *Program Management (Tier I)*

Summary:“Next year I am going to be more organized.” Have you ever found yourself saying that, especially during tax time? This professional development session will give the family child care provider an overview of the business side of child care. Learn about setting up a budget, saving receipts, and how to make tax time more manageable.

Braxton

See sessions listed for Nicholas and/or Webster Counties

Nicholas *MountainHeart Office 1020 Broad St. Summersville*

(Fri.) January 25, 2013 10:00 am– 12:00 pm Topic 1
1:00 pm– 3:00 pm Topic 2

Fayette

See session listed for Infant/ Toddler Professional Development Opportunities

Pocahontas

See sessions listed for Greenbrier and/or Nicholas Counties

Greenbrier Greenbrier County Workforce in Lewisburg

(Tues.) January 22, 2013 10:00 am-12:00 pm Topic 1
1:00 pm– 3:00 pm Topic 2

Raleigh MountainHeart Community Services in Beckley

(Fri.) January 11, 2013 10:00 am –12:00 pm Topic 1
1:00 pm– 3:00 pm Topic 2

McDowell

See sessions listed for Mercer and/or Raleigh Counties

Summers

See sessions listed for Greenbrier and/or Raleigh Counties

Mercer Mercer County Workforce in Princeton

(Thurs.) January 24, 2013 10:00 am-12:00 pm Topic 1
1:00 pm-3:00 pm Topic 2

Webster

See sessions listed for Braxton and/or Nicholas Counties

Monroe

See sessions listed for Greenbrier and/or Mercer Counties

Wyoming

See the session listed for McDowell and/or Raleigh Counties

Infant and Toddler Professional Development Opportunities

How About Them EERs? An Introduction to the Environment Rating Scale

Core Competency - 2 hr. *Program Management (Tier III)*

Target Audience - Adults

Summary - Participants of this professional development session will gain knowledge about the Environment Rating Scales, practice scoring using the ITERS-R and then discuss how to implement quality improvement plans.

(Thurs.) January 17, 2013

3:00 pm– 5:00 pm

First Brethren Church Fellowship Hall in Oak Hill

(Fri.) March 15, 2013

10:00 am– 12:00 pm

MountainHeart Community Services Office in Kopperston

Talk to Me

Core Competency - 2 hr. *Curriculum (Tier II)*

Target Audience - Infant/Toddlers

Summary - Participants will discuss topics relating to the facilitation of early language experiences for our youngest children. Participants will use the concepts presented in the Infant/Toddler Environment Rating Scale to develop their curriculum.

(Thurs.) January 17, 2013

5:30 pm– 7:30 pm

First Brethren Church Fellowship Hall in Oak Hill

The West Virginia Early Learning Standards for Infants and Toddlers

Core Competency - 2 hr. *Program Management (Tier I)*

Target Audience - Adults

Summary - This professional development session provides an opportunity to explore WV ELSF for Infants and Toddlers. Participants will be introduced to the document and will discuss how to implement it into their daily routines.

February 12, 2013 3:00 pm-5:00 pm

MountainHeart Child Care in Summersville

MountainHeart South Professional Development Schedule

WV STARS Certified Trainers: Dianna Thompson and Sara Mathes

February Topics

Topic 1 – The Economy and Children: Teaching

Core Competency –2hr. *Family and Community (Tier II)*

Target Audience–All ages

Summary: Morning and evening when turning on the television you are bound to hear something about banks, bailouts, debt, the housing market and the stock exchange. These are all pieces of what we call the economy, and making sense of it can sometimes be confusing. Participants of this professional development session will learn ideas to share with children about the economy and the effects that it has on families.

Topic 2: YIKES! I Needed That Receipt

Target Audience–Adults

Core Competency– 2hr *Program Management (Tier I)*

Summary:Next year I am going to be more organized.” Have you ever found yourself saying that, especially during tax time? This professional development session will give the family child care provider an overview of the business side of child care. Learn about setting up a budget, saving receipts, and how to make tax time more manageable.

Braxton

See sessions listed for Nicholas and /or Webster Counties

Fayette *First Brethren Church Fellowship Hall in Oak Hill*

(Tues.) February 5, 2013	10:00 am –12:00 pm	Topic 1
	1:00 pm– 3:00 pm	Topic 2

Greenbrier Greenbrier County Workforce in Lewisburg

(Tues.) February 5, 2013	10:00 am– 12:00 pm	Topic 1
	1:00 pm– 3:00 pm	Topic 2

McDowell McDowell County Workforce in Welch

(Tues.) February 12, 2013	10:00 am– 12:00 pm	Topic 1
	1:00 pm– 3:00 pm	Topic 2

Mercer Mercer County Workforce in Princeton

(Thurs.) February 7, 2013	10:00 am– 12:00 pm	Topic 1
	1:00 pm– 3:00 pm	Topic 2
(Tues.) February 26, 2013	10:00 am– 12:00 pm	Topic 2
	1:00 pm - 3:00 pm	Topic 1

Monroe

See sessions listed for Greenbrier and /or Mercer counties

Nicholas

See sessions listed for Infant/Toddler Professional Development Opportunities

Pocahontas

See sessions listed for Greenbrier and/ or Nicholas Counties

Raleigh * A Place for Kids Child Care in Beckley*

(Wed.) February 6, 2013	11:00 am– 1:00 pm	Topic 1
	2:00 pm– 4:00 pm	Topic 2
(Mon.) February 25, 2013	10:00 am– 12:00 pm	Topic 2
	1:00 pm—3:00 pm	Topic 1

Summers

See sessions listed for Greenbrier and/or Raleigh Counties

Webster

See sessions listed for Braxton and/or Nicholas Counties

Wyoming

See sessions listed for McDowell and/or Raleigh Counties

****WV Elements of Family Child Care Series (WV EFCC)****

MountainHeart will be offering specialized family and facility series. This series provides family and facility child care providers a comprehensive overview of *The Creative Curriculum for Family Child Care* and the *Family Child Care Environment Rating Scale Revised*. Participants of these sessions must complete all seven sessions and two 1-hour visits to be eligible for a certificate.

♥The modules will be divided into seven sessions and will begin in **January, 2013** at the **MountainHeart Office in Summersville**.

♥Sessions are open to family child care providers and facilities. These sessions will be held in **Nicholas County** and open for registration to surrounding counties.

If you have questions about this exciting opportunity please contact Dianna Thompson, 1-866-872-9204.

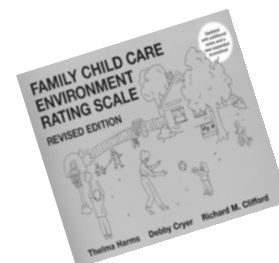
Registration limited to 14 participants with a minimum of 4 people to hold the class.

WV EFCC Nicholas County Dates and Times

Session 1	4:30 pm– 8:30 pm	January 24, 2013
Session 2	4:30 pm– 8:30 pm	January 31, 2013
Session 3	4:30 pm– 8:30 pm	February 7, 2013
Session 4	4:30 pm– 8:30 pm	February 28, 2013
Session 5	4:30 pm– 8:30 pm	March 5, 2013
Session 6	4:30 pm– 8:30 pm	March 14, 2013
Session 7	4:30 pm– 8:30 pm	March 19, 2013

Location of Sessions:

MountainHeart Office 1020 Broad Street in Summersville



****PLEASE NOTE THE FOLLOWING****

THERE WILL ONLY BE ONE TOPIC OFFERED FOR THE MONTH MARCH. THE PARTICIPANTS ATTENDING THIS SESSION MUST STAY FOR THE ENTIRE 4 HOURS TO BE ELIGIBLE FOR A CERTIFICATE

**MountainHeart South Professional Development Schedule
WV STARS Certified Trainers: Dianna Thompson and Sara Mathes**

March Topic

Topic 1 - Expressive Art

Core Competency – 4hr. Curriculum (Tier II)

WVLESF: The Arts : Standard 1 & 2

Target Audience-Adults

Summary - Art and children just go naturally together! In this professional development session participants will explore the many ways to include art in the early childhood curriculum.

Braxton Braxton County DHHR in Flatwoods
(Wed.) March 20, 2013 10:00 am– 2:30 pm Topic 1

Nicholas * MountainHeart Child Care 1020 Broad Street Summersville*
(Sat.) March 23, 2013 9:30 am-1:30 pm Topic 1

Fayette *First Brethren Church Fellowship Hall in Oak Hill*
(Fri.) March 8, 2013 10:00 am - 2:30 pm Topic 1

Pocahontas McClintic Public Library in Marlinton
(Wed.) March 27, 2013 10:30 am– 3:30 pm Topic 1

Greenbrier Greenbrier County Workforce in Lewisburg
(Tues.) March 5, 2013 10:00 am– 2:30 pm Topic 1

Raleigh *A Place for Kids Child Care in Beckley*
(Tues.) March 12, 2013 10:00 am - 2:30 pm Topic 1
(Thurs.) March 28, 2013 10:00 am– 2:30 pm Topic 1

McDowell McDowell County Workforce in Welch
(Tues.) March 26, 2013 10:00 am- 2:30 pm Topic 1

Summers Summers County DHHR in Hinton
(Wed.) March 6, 2013 10:00 am– 2:30 pm Topic 1

Mercer Mercer County Workforce in Princeton
(Mon.) March 4, 2013 12:30 pm – 5:00 pm Topic 1

Webster Webster County DHHR in Webster Springs
(Mon.) March 11, 2013 10:00 am– 2:30 pm Topic 1

Monroe Monroe County DHHR in Union
(Mon.) March 18, 2013 10:30 am- 3:30 pm Topic 1

Wyoming
See session listed for Infant/Toddler Professional Development Opportunities

Saturday Professional Development Sessions

March 23, 2013– Nicholas County– MountainHeart Child Care Services in Summersville –9:30 am– 1:30 pm
(see Topic information for March)

**Things to Remember about
Professional Development Sessions...**

- ♥ Please remember to pre-register for all professional development sessions by calling Reba at 1-866-872-9204.
- ♥ If you register for a class and are unable to attend, please contact MountainHeart and let them know, there may be a waiting list for that class.
- ♥ Infants and children are not to attend professional development sessions. Alternate child care arrangements need to be made prior to the class.
- ♥ All sessions will begin at the scheduled time. If you miss 15 or more minutes during the course of the session, you will not receive credit for the session.
- ♥ Upon arriving for the professional development session all cell phones and electronic devices need to be set to vibrate or meeting. Please no texting during the sessions.
- ♥ Remember if public schools are canceled in your county due to inclement weather, there will be no professional development sessions that day.

***Anyone Wishing To Attend Professional Development Sessions
Must Be Pre-Registered In Order To Attend.***

Please call Reba @ 1-866-872-9204 to reserve your seat today!

If you are registered for a session, you will be notified by telephone if the session is canceled.

MountainHeart CCR&R is funded through a grant from DHHR, Bureau for Children and Families, Division of early Care and Education. MHCCR&R was established in 1992.



TRAILS Mix

Dramatic Play - It's Just Make Believe

Remember playing dress-up with your parent's clothes or imagining you are a horse or dog? In early childhood this is recognized as dramatic play, but it is what I called make-believe or pretending. This ability to pretend play appears between the ages of one and two years of age, while the basis for this is established in early infancy.

Infants are known to imitate people as they become aware of their surroundings. Reflect back to a time when you made a certain face or a particular sound and an infant began to imitate you. This awareness develops into the foundation of pretend play. The awareness of people that an infant comes in contact with is knowledge stored for later.

It is important for adults to encourage this type of play in infants, toddlers, and preschool children. Though a special space for pretend play is helpful, it is not absolutely necessary. A small corner of a family or living room can suffice for this area in a family child care setting and many household items work well for the area. Wooden spoons, plastic measuring cups and bowls, play or real telephones, pots, pans, plastic dishes, realistic baby dolls and baby blankets are a few of the items that work well in this spot.

According to *The Creative Curriculum for Infants & Toddlers*, "Research tells us that children who have good dramatic play skills—who know how to pretend about situations, use props in imaginative ways, and interact with peers in their play—are more likely to be successful learners than those who do not have these skills. The skills used in dramatic play prepare children to think logically, solve problems, and take turns."¹

Early childhood specialists, infant toddler specialists, and TRAILS' team are a wealth of information on this topic. The TRAILS van has many items available for check-out including kitchen sets, tables and chairs, costumes for creative play, etc.

Hope to see you soon on the TRAILS van and "Happy TRAILS to You".

Submitted by Joanne McCallister TRAILS Early Childhood Specialist

Taken From *The Creative Curriculum for Infants and Toddlers Revised Edition*



¹ J. E. Johnson. "The Role of Play in Cognitive Development." In E. Klugman & S. Smilansky, Eds. *Children's Play and Learning: Perspectives and Policy Implications*. New York: Teachers College Press, 1990.

Trivia Answers

1. Purple Crying: Time in a baby's life when they cry more than any other, usually between 2 wks and 3 to 4 months, periods of peak crying, can be unexpected, resist soothing, pain-like face, long lasting, occurs mostly evenings. From www.purplecrying.info
2. Shaken Baby Syndrome
3. Parallel Play: the type of play where children play alongside one another, observing each other, but not yet interacting cooperatively.
4. Infant and Toddlers
5. Two (2) years and under. For more information, check out www.aap.org
6. Jean Piaget, 1896-1980. His work is very interesting, do an internet search of his name!
7. West Virginia Infant/Toddler professional development program for care givers.

Torn Paper Collage

Materials: newspapers, magazines, tissue paper, paper towels, and wax paper

Young children love to tear things. Give them different types of paper to tear. This will help their fine motor skills. Use different textured paper for a sensory experience. Discuss how the paper feels and sounds as it is torn. Talk about the different colors and pictures. Describe what the children are doing as they tear the paper, for instance; "You tore a long strip." "Who tore the smallest?"



Art: Let them make collages using their torn paper. Tape a sheet of paper or cardboard to the table in front of each child to hold in place. Give each child a plastic lid with a dab of glue. Let them use q-tips or paint brushes to apply glue to torn paper.

Be sure to supervise closely to avoid any choking hazard.

Resource: The Encyclopedia of Infant and Toddler Activities

Submitted by Sandra Cox, TRAILS Associate

Cleaning and Sanitizing Toys

Your little one isn't going to just play with her toys. She's going to nibble, sneeze, cough, drool, kiss, hug on them and maybe try to stick them up her nose. So you want to keep those playthings as germ-free as possible.

According to, "Caring for Our Children," "Toys that cannot be cleaned and sanitized should not be used. Toys that children have placed in their mouths or that are otherwise contaminated by body secretion or excretion should be set aside until they are cleaned by hand with a detergent, rinsed, sanitized, and air-dried, or in a dishwasher."

To safely prepare bleach solution:

- ♥ Dilute bleach with cool water and do not use more than the recommended amount of bleach.
- ♥ Select a bottle made of opaque materials.
- ♥ Make a fresh bleach solution daily; label the bottle with contents and the date mixed.
- ♥ Wear gloves and eye protection when diluting bleach.
- ♥ Use a funnel.
- ♥ Add bleach to the water rather than the water to bleach to reduce fumes.
- ♥ Make sure the room is well ventilated.
- ♥ Never mix or store ammonia with bleach or products that contain bleach.



<i>Purpose</i>	<i>Recipe</i>
Sanitizer: For food contact surface sanitizing (dishes, utensils, cutting boards, high chair trays), toys that children may place in their mouths and pacifiers.	1 tablespoon of bleach + 1 gallon of cool water
Disinfectant: For use on non-porous surfaces such as diaper change tables, counter tops, door and cabinet handles, and toilets.	½- ¾ cup of bleach + 1 gallon of cool water (Or 1-3 tablespoons of bleach + 1 quart of cool water) applied as a spray or poured fresh solution, not by dipping into a container with a cloth that has been in contact with a contaminated surface. Let stand for 2 minutes or air dry.

Submitted by Sara Mathes, Early Childhood Specialist

Resources: "Caring for Our Children," National Health and Safety Performance Standards Guidelines for Early Care and Education Program, Third Edition. 2011.

Dear Roma

Dear Roma,

A child in my care requires excessive amounts of my attention. The child follows me all day, doesn't interact with peers or with the environment. She always stands near me, wants to cling to me, and watches my activities throughout the day. I have even tripped over her several times. Please give me some guidance on how to get this child involved in classroom activities. Please Help!

Shadow

Dear Shadow,

Try ignoring all unnecessary bids for attention. When she approaches you, first determine whether her request is reasonable and appropriate. If the request is reasonable, then help the child as needed. If not, then say "I'm sorry, but I must do _____ now." Give the child attention when she is engaged in the desired activity, let her know that you are pleased with her behavior. Plan a special time each day to spend time with the child. This strategy provides undivided, positive attention to let the child know that she is special and that attention from the teacher can be a positive experience for both. Let the child know that you must be able to do your work, and that she must do her work until the special time.

Roma



For more information on teaching children social skills or to schedule an observation, please contact Roma Lester at 1-800-834-7082.

Come visit us at: <http://ccsouth.mountainheartwv.org>

Upcoming Conferences

Celebrating Connections Conference
February 19-22, 2013
Charleston, WV

[http://wvearlychildhood.org/
Celebrating_Connections.html](http://wvearlychildhood.org/Celebrating_Connections.html)

National Afterschool Association Conference
April, 7-10, 2013
Indianapolis, IN

<http://www.naaweb.org/>

National Association for
Family Child Care Conference
July 18-20, 2013
Scottsdale, AZ

<http://nafcc.org/>

NAEYC 2013
National Institute of Early Childhood
Professional Development
June 9-12, 2013
San Francisco, CA

www.naeyc.org/events

National Association for the
Education of Young Children Conference
November 20-23, 2013
Washington, D.C.

www.naeyc.org/events



T. Berry Brazelton, M.D.

Roma Lester, MA, Behavior Consultant and Tricia Smith, BA, Infant/Toddler Specialist had the opportunity to attend training on T. Berry Brazelton, M.D. "Touchpoints". Dr. Brazelton's Touchpoints is based on three decades of continuous practice and internationally recognized research. Touchpoints is the only childcare reference by a pediatrician who has both medical and psychoanalytic training, and offers parents a complete understanding of child development from a physical, cognitive, emotional, and behavioral point of view. "Touchpoints" are the universal spurts of development and the trying periods of regression that accompany them throughout childhood. Dr. Brazelton used them as windows to help parents understand their child's behavior and prevent future problems.



If you need information please call Roma Lester, M.A., or Tricia Smith, B.A.

Save the Date

April 17 & 18, 2013



Two day professional development opportunity on Creative Curriculum for Infants, Toddlers and Twos.

Location

Connect Resource and Referral Office,
Charleston

**** Must be current on WV STARS**

**** Must have participated in WVIT PDP**



for child care children and their families.

Dana Slater lives in Fayetteville, WV and has been a family child care provider for 13 years. She began at the request of a friend. Fast forward to today. Ms. Dana has one special room just for child care now, but every space inside and out is child and family friendly and dedicated to learning. Her greatest joy is witnessing the accomplishments of each child as they learn. How does she know she runs a successful family child care? She says it is because the older children beg to come back!

This past year Ms. Dana was inspired by a resource book from the TRAILS van, Natural Playscapes by Rusty Keeler, to make changes to her outside play area. The backyard was a little hilly and unused

by children. After a truly team effort, including children and their families as well as Dana and her family, the space has been transformed with a large sand area, music wall, outdoor painting area, a sliding hill, extra storage and even a gutter garden.

If you wonder what some of those look like, give Ms. Dana a call. She would like to start a monthly pot luck dinner with other child care providers to share ideas and have some relaxation and fun. You are invited to call her at 304.574.3979. Thank you Ms. Dana for all you do with children and families!

Submitted by
Janet Thompson,
TRAILS EC Specialist, Lewisburg

Come visit us at: <http://ccsouth.mountainheartwv.org>

Medication Administration Training

MountainHeart Child Care Resource & Referral is pleased to announce they will be sponsoring more Medication Administration Trainings. The following are the dates and times:

- ♥ **February 26, 2013** at the MountainHeart Child Care Office Conference Room at 228 Ragland Road in Beckley from 5:00 to 9:00 pm.
- ♥ **February 28, 2013** at the Nicholas County Workforce Building (Summersville) from 5:00 to 9:00 pm.
- ♥ **March 12, 2013** at the Mercer County Workforce Building (Princeton/MountainHeart Office) from 5:00 to 9:00 pm
- ♥ **March 20, 2013** at the Greenbrier County Workforce Building (Lewisburg/MountainHeart Office) from 5:00 to 9:00 pm.
- ♥ **April 25, 2013** at the MountainHeart Child Care Office Conference Room at 228 Ragland Road in Beckley from 5:00 to 9:00 pm.
- ♥ **April 26, 2013** at the MountainHeart Community Services Conference Room at Rt. 85 in Kopperston from 10:00 am to 2:00 pm.
- ♥ **May 7, 2013** at the Greenbrier County Workforce Building (Lewisburg/MountainHeart Office) from 5:00 to 9:00 pm.
- ♥ **May 21, 2013** at the Mercer County Workforce Building (Princeton/MountainHeart Office) from 5:00 to 9:00 pm
- ♥ **June 12, 2013** at the Nicholas County Workforce Building (Summersville) from 5:00 to 9:00 pm.

Call Reba at 1-866-872-9204 to register. Class size is limited to 15 and there will be a wait list. If, for some reason after you register, an emergency arises and you are unable to attend, please call and let us know so we can put someone from wait list in your place.

Additional Requirements:

- ♥ Be registered on the WV STARS Career Pathway. The class is WV STARS approved.
- ♥ You need to bring a small baby doll with you.
- ♥ You need to bring a pair of non latex gloves.
- ♥ You need to bring your WV STARS Bar Code ID's.

Due to the intensity of the material to be covered you must be there at the scheduled start time of training. If you have any questions feel free to contact MountainHeart Child Care Resource & Referral.



Training Materials Needed

www.facebook.com/mountainheartwv

MountainHeart
Community Services, Inc.

P.O. Box 966 • Beckley, WV 25801

Children are our future...
and our future looks promising!

Important Information
Professional Development
Schedule Inside!